

**We claim:**

1. A composition comprising:
  - approximately 7 to 10 times the RDA of vitamin C;
  - approximately 13 to 18 times the RDA of vitamin E;
  - approximately 6 to 10 times the RDA of vitamin A in the form of beta-carotene;
  - approximately 4 to 7 times the RDA of zinc; and
  - approximately the RDA of copper.
2. A retinal health strengthening composition comprising:
  - approximately 7 to 10 times the RDA of vitamin C;
  - approximately 13 to 18 times the RDA of vitamin E;
  - approximately 6 to 10 times the RDA of vitamin A in the form of beta-carotene;
  - approximately 4 to 7 times the RDA of zinc; and
  - approximately the RDA of copper.
3. A nutritional or dietary supplement composition to safely and effectively prevent, stabilize, reverse and/or treat visual acuity loss by reducing the risk of developing late stage or advanced age-

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related macular degeneration in persons with early age-related macular degeneration and by reducing the risk of vision loss associated with the formation of cataracts and the progression of age-related macular degeneration comprising:

approximately 7 to 10 times the RDA of vitamin C;

approximately 13 to 18 times the RDA of vitamin E;

approximately 6 to 10 times the RDA of vitamin A in the form of beta-carotene;

approximately 4 to 7 times the RDA of zinc; and

approximately the RDA of copper.

4. A method of safely and effectively preventing, stabilizing, reversing and/or treating visual acuity loss by reducing the risk of developing late stage or advanced age-related macular degeneration in persons with early age-related macular degeneration and by reducing the risk of vision loss associated with the development of cataracts and the progression of age-related macular degeneration comprising:

administering a daily dosage of not less than approximately 420 mg and not more than approximately 600 mg vitamin C,

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not less than approximately 400 IU and not more than approximately 540 IU vitamin E, not less than approximately 17.2 mg and not more than approximately 28 mg beta-carotene, not less than approximately 60 mg and not more than approximately 100 mg zinc and not less than approximately 1.6 mg and not more than approximately 2.4 mg copper.

5. A method of manufacturing a nutritional supplement composition that is safe and effective in preventing, stabilizing, reversing and/or treating visual acuity loss by reducing the risk of developing late stage or advanced age-related macular degeneration in persons with early age-related macular degeneration and by reducing the risk of vision loss associated with the development of cataracts and the progression of age-related macular degeneration comprising:

blending not less than approximately 420 mg and not more than approximately 600 mg vitamin C, not less than approximately 400 IU and not more than approximately 540 IU vitamin E, not less than approximately 17.2 mg and not more than approximately 28 mg beta-carotene, not less than

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approximately 60 mg and not more than approximately 100 mg zinc and not less than approximately 1.6 mg and not more than approximately 2.4 mg copper into a suitable dosage form.

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6. A method of manufacturing a composition comprising:

blending not less than approximately 420 mg and not more than approximately 600 mg vitamin C, not less than approximately 400 IU and not more than approximately 540 IU vitamin E, not less than approximately 17.2 mg and not more than approximately 28 mg beta-carotene, not less than approximately 60 mg and not more than approximately 100 mg zinc and not less than approximately 1.6 mg and not more than approximately 2.4 mg copper into a suitable dosage form.

7. The composition of claim 1, 2 or 3 wherein said composition comprises not less than approximately 450 mg vitamin C, not less than approximately 400 IU vitamin E, not less than approximately 17.2 mg beta-carotene, not less than approximately 68 mg zinc and not less than approximately 1.6 mg copper.

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8. The composition of claim 1, 2 or 3 wherein said vitamin C is provided in the form of ascorbic acid.
9. The composition of claim 1, 2 or 3 wherein said vitamin E is provided in the form of dl-alpha tocopheryl acetate.
- \* (10.) The composition of claim 1, 2 or 3 wherein said beta-carotene is substituted or supplemented with lutein, zeaxanthine or a raw material combination thereof.
- \* (11.) The composition of claim 1, 2 or 3 wherein said composition is supplemented with alpha-lipoic acid, phenolic compounds, anthocyanosides or a combination thereof.
12. The composition of claim 1, 2 or 3 wherein said zinc is provided in the form of zinc oxide, zinc gluconate or a combination thereof.
13. The composition of claim 1, 2 or 3 wherein said copper is provided in the form of cupric oxide, copper gluconate or a combination thereof.

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14. The method of claim 5 or 6 wherein said blend provides not less than approximately 450 mg vitamin C, not less than approximately 400 IU vitamin E, not less than approximately 17.2 mg beta-carotene, not less than approximately 68 mg zinc, and not less than approximately 1.6 mg copper, up until an expiration date of said dosage form produced from said blend.

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15. The method of claim 4, 5 or 6 wherein said vitamin C is provided in the form of ascorbic acid.

16. The method of claim 4, 5 or 6 wherein said vitamin E is provided in the form of dl-alpha tocopheryl acetate.

17. The method of claim 4, 5 or 6 wherein said beta-carotene is substituted or supplemented with lutein, zeaxanthine, or a raw material combination thereof.

18. The method of claim 4, 5 or 6 wherein said composition is supplemented with alpha-lipoic acid, phenolic compounds, anthocyanosides or a combination thereof.

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19. The method of claim 4, 5 or 6 wherein said zinc is provided in the form of zinc oxide, zinc gluconate or a combination thereof.

20. The method of claim 4, 5 or 6 wherein said copper is provided in the form of copper oxide, copper gluconate or a combination thereof.

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21. The composition of claim 1, 2 or 3 wherein said composition is formed into one or more tablets for daily oral ingestion by a human or other mammal.

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22. The composition of claim 1, 2 or 3 wherein said composition is formed into four tablets for oral ingestion by a patient of two tablets twice daily.

23. The method of claim 4 wherein said daily dosage is administered orally in the form of one or more tablets taken daily.

24. The method of claim 4 wherein said daily dosage is administered orally in the form of two tablets taken twice daily.

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